

## ABSTRACT

A method and system for adaptively controlling the power of transmissions between nodes in a networking system in order to reduce the potential for cross-talk interference or noise in other communications services coupled to the same transmission media. The inventive system provides a method for sending transmissions at the minimum power level needed in order to ensure reliable communications between nodes in the network thereby reducing potential interference with other systems using the same transmission media. For example, the inventive system and method can be utilized in home networking systems to reduce cross-talk between the network devices and xDSL or POTS devices coupled to the same telephone wiring.